



MULTI-SERVICE SENIOR CENTER

40086 Paseo Padre Pkwy
Fremont CA 94538
www.fremont.gov

Ticket Information: 790-6610
Office: 790-6600

LUNCH MENU JULY 2006



Vegetarian Option Available by prior arrangement with Chef
Please speak to the Chef before 10:00 am for special dietary needs.
**To Go Tickets Must Be Deposited At The Large Kitchen
Window Immediately After Purchase**

LUNCH: 12:00 NOON



Members: \$4.00

Non Members: \$6.00

TICKETS SOLD:

**FIRST-COME, FIRST SERVED
NO REFUNDS, NO EXCHANGES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Crab Cakes 3 w/ Tartar Sauce, Cole Slaw, Tater Tots, Roll, Dessert	Closed for 4 Independence Day	Oven Fried Chicken 5 Smashed Potatoes w/gravy Vegetable, Salad, Roll Dessert	Meat Loaf, Mashed 6 Potatoes w/Gravy, Salad, Vegetable, Roll, Dessert	\$5 & \$7 7 Riley's BBQ Ribs/ Chicken/Links, Baked Beans, Corn on the Cob, Salad, Roll, Dessert
Beef Stroganoff 10 Over Noodles, Vegetable Salad, Roll, Dessert	Baked Ham w/Dark 11 Cherry Sauce, Scalloped Potatoes, Salad, Vegetable Roll, Dessert	Baked Salmon with 12 Dill Sauce, Rice Pilaf, Vegetable, Salad, Roll, Dessert	Marinated Flank Steak 13 w/Red Wine Sauce, Salad, Vegetable, Roll, Dessert	\$5 & \$7 14 Luau Lunch! Birthday Party! Sweet & Sour Pork, Roast Pig, Mahi Mahi, Roll, Rice Pilaf, Veg., Dessert
Chicken Enchiladas, 17 Beans, Spanish Rice, Vegetable, Roll, Dessert	Reuben Sandwich, 18 Potato Chips, Tossed Green Salad, Dessert	Peach Sauce over 19 Pork Chops, Roasted Potatoes, Vegetable, Salad Roll, Dessert	Liver & Onions, 20 Mashed Potatoes, Salad, Vegetable, Roll, Dessert	Chicken with 21 Mushrooms, Rice, Vegetable, Salad, Roll, Dessert
Beef & Broccoli, 24 Steamed Rice, Salad Roll, Dessert	BBQ Chicken, 25 Cauliflower Salad, Vegetable, Roll, Dessert	Veal Stew over 26 Noodles, Vegetable, Salad, Roll, Dessert	Snapper Vera Cruz, 27 Rice Pilaf, Vegetable, Salad, Roll, Dessert	No lunch today 28 due to kitchen repair.
Spaghetti w/Meat 31 Sauce, Garlic Bread, Vegetable, Salad, Dessert	August 1 Grilled Salmon, Vegetable, Salad, Roll Dessert	August 2 Spinach & Ricotta Stuffed Pasta Shells, Roll, Salad, Vegetable, Dessert	August 3 Garlic Chicken, Multi- Grain Rice Pilaf, Vegetable, Salad, Garlic Bread, Dessert	August 4 Crab Cakes, with Tartar Sauce, Tater Tots, Cole Slaw. Roll. Dessert

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOODS. Please Note: If you take food home with you from the meal site, it is done at your own risk. Be sure to eat food or refrigerate it within 30 minutes of leaving the site. Reheat in a 350 degree oven until bubbly for 5 minutes. Discard any food left after 3 days.